



# InShape

## West Valley City Fitness and Recreation Center News

### Itty Bitty Ball

(Boys and Girls Ages 4 – 6)

February 19 – March 26  
Saturdays starting at 10 a.m.

Members: \$40  
Non-Members: \$42

Includes photo, T-shirt, and award

Registration due February 4, 2011  
*Late fee will be applied after registration date*



### Big Kids Ball

(Boys and Girls Ages 7 – 10)

February 15 – March 24  
Practices on Tuesdays; Games on  
Thursdays beginning at 6 p.m.

Members: \$40  
Non-Members: \$42

Includes photo, T-shirt, and award

Registration due February 4, 2011  
*Late fee will be applied after registration date*



## Looking for a great start to the New Year?

Want to do something the whole family can enjoy? The West Valley City Family Fitness Center has you covered. For less than \$1 per day, your family can get a membership and enjoy all that we have to offer.

Call 801-955-4000 or stop by our front desk today and start the New Year off right.

### Membership Has Its Advantages!

- Affordable rates...family memberships for less than \$1 per day!
- FREE Member Fun Events
- FREE childcare (1st hour free, \$1.50 each additional hour per child)
- 2 FREE fitness assessment sessions per year
- 1 FREE four-week fitness class pass each year
- FREE body composition testing
- Members-only locker rentals
- FREE use of rental equipment
- Discounts on programs and special events
- Ask about our Recruitment Rewards Program...Bring a friend!

We also offer fitness classes for kids, swimming lesson for all ages, teen summer programs, wellness programs and much more!

## Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Several party options to choose from.  
Call the Front Desk at 801-955-4000  
for more information.

Reservations must be made one  
week prior to event.

## Valentine Dance Party

**Free for Our Members**  
(Members may sponsor one  
non-member family for free)

**Fun for all ages!**  
Bring your family, friends,  
or sweetheart!

Spend time with you Valentine,  
learn some new dance moves,  
create a special Valentine craft,  
or have your face painted.

**Join us Monday, February 14**  
6 p.m. to 7 p.m. in Community Room A

**Evening will include:**  
Games, dancing, crafts, and  
face painting

## After-School and Day Camps for Kids

*Field Trips! Face Painting! Western Day! Games! Sports!  
Friends! Safari Day! Dancing! Roller Skating! Ice Skating!*

### After School Camp (K-6)

After school camps until 6 p.m. include sports, games, swimming, rock climbing, study time, and more! Transportation is available from Valley Crest, Monroe, Whittier, and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

\$30 – one week; \$7 – one day

### Kidz Kamp Ages 5 - 11

Camps include sports, crafts, swimming, ice skating/roller skating, rock climbing, and field trips.  
Lunch and snacks are provided.

Monday – Friday  
7 a.m. - 6 p.m.

\$20 per day; \$90/ week (additional children, \$80)

### Kindergarten Kamp (Ages 5 - 6)

Mon.-Fri. 7a.m. – 12 noon for Afternoon Kindergarteners  
Mon.-Fri. 11:30 a.m. – 6 p.m. for Morning Kindergarteners

Registration includes lunch & snacks, Kidz Yoga, swimming lessons, Rock Climbing, Field Trips, Silly Games and much more.

\$45 per week or \$10 per day per child (No Refunds)

**\*We provide transportation to & from  
Valley Crest ONLY**

Registration for all camps are due by  
Wednesday at 1:00 p.m. the week prior to  
the beginning of camp. No late registrations  
or date changes accepted.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

